



Chilly Willy's Avocado Soup

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 oz firm-ripe avocado
- ☐ 0.5 cup celery chopped
- ☐ 7 cups chicken broth
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 clove garlic minced pressed
- ☐ 3 tablespoons juice of lemon
- ☐ 0.5 cup onion chopped
- ☐ 0.8 cup orzo pasta dried

- ☐ 1 tablespoon parsley chopped
- ☐ 1 teaspoon pepper
- ☐ 2 boned

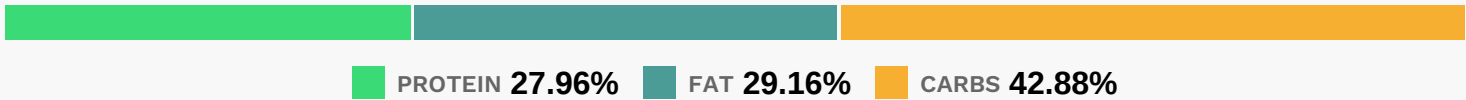
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ tongs

Directions

- ☐ In a 4- to 5-quart pan over high heat, bring broth, onion, celery, garlic, and pepper to a boil.
- ☐ Add pasta and chicken; return to a boil.
- ☐ Reduce heat to low, cover pan, and simmer until chicken is white in thickest part (cut to test), about 5 minutes. With tongs, lift out breasts and let stand. Continue simmering soup until pasta is tender to bite, about 2 minutes more. Reduce heat to very low and keep soup warm.
- ☐ When chicken is just cool enough to handle, in about 5 minutes, tear into coarse shreds and return to pan.
- ☐ Stir lemon juice, parsley, and cilantro into soup. Ladle into wide bowls.
- ☐ Peel, pit, and thinly slice avocado; add to bowls.

Nutrition Facts



Properties

Glycemic Index:66.75, Glycemic Load:9.37, Inflammation Score:-6, Nutrition Score:17.201739015787%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg

1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 2.52mg, Apigenin: 2.52mg, Apigenin: 2.52mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 276.67kcal (13.83%), Fat: 9.1g (14.01%), Saturated Fat: 1.38g (8.65%), Carbohydrates: 30.13g (10.04%), Net Carbohydrates: 25.6g (9.31%), Sugar: 4.13g (4.59%), Cholesterol: 44.38mg (14.8%), Sodium: 1608.2mg (69.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.64g (39.28%), Selenium: 37.97µg (54.25%), Vitamin B3: 8.12mg (40.6%), Manganese: 0.64mg (31.91%), Vitamin K: 33.18µg (31.6%), Vitamin B6: 0.62mg (31.2%), Vitamin B2: 0.39mg (22.94%), Phosphorus: 223.1mg (22.31%), Potassium: 646.05mg (18.46%), Fiber: 4.53g (18.11%), Vitamin B5: 1.65mg (16.46%), Vitamin C: 12.99mg (15.74%), Folate: 54.61µg (13.65%), Copper: 0.27mg (13.28%), Magnesium: 51.91mg (12.98%), Vitamin B1: 0.19mg (12.96%), Zinc: 1.37mg (9.14%), Vitamin E: 1.28mg (8.51%), Iron: 1.31mg (7.3%), Vitamin A: 299.54IU (5.99%), Calcium: 46.23mg (4.62%), Vitamin B12: 0.2µg (3.25%)